

# Drs. Alex Cassinelli and Shiva Shanker

## Foods for Orthodontic Thought

### NO-NO LIST

TO BE POSTED ON YOUR REFRIGERATOR DOOR

**ICE** . . . A thousand times NO. It will destroy your braces.

**STARBURST, JUJY FRUITS, CAMELS, FRUIT ROLL-UPS** . . . Bends wires, loosens bands and knocks off brackets.

**GUM OF ANY KIND** (including sugarless) . . . Sticky goo which pulls off wires and feeds the bacteria in your mouth.

**BEEF JERKY AND SLIM JIMS** . . . Tough as nails, knocks off brackets.

**HARD ROLLS AND HARD PRETZELS** . . . Bends the wires and knocks off brackets.

**SUCKERS, LIFE SAVERS AND JAW BREAKERS** . . . You might forget and bite into them.

**POPCORN AND NUTS** . . . Little shells may get caught between the gum and band and cause a severe infection.

**PENS AND PENCILS** . . . Favorite exam time food, breaks everything.

### THINGS YOU MAY EAT . . . CAREFULLY PLEASE!

**APPLES** . . . Cut in wedges.

**CARROTS** . . . Grated or curls.

**BAGELS** . . . Cut into bite-size pieces.

**CORN ON THE COB** . . . Please cut it off the cob.

### THINGS YOU SHOULD LIMIT

**SOFT DRINKS** . . . Try not to indulge. Rinse thoroughly after drinking.

**CAKES, PIES AND CANDIES** . . . If you have a sugar attack, brush or rinse as soon as possible.

Although this is not an all-inclusive list, it should give you an idea of the types of foods to avoid and eat carefully.

**Broken braces, wires or brackets cause a longer treatment time.**

